



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

**Diabetes Prevention Program—YMCA of Delaware
Available to State of Delaware Group Health Plan Members**

If you're at risk for type 2 diabetes, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life.

Lifestyle changes such as weight control, physical activity and healthy eating may help people with prediabetes.

Change is tough—we can help.

State of Delaware Group Health Plan members age 18 and older must meet specific criteria to be eligible at no cost through their health plan.

To Learn More Contact:

**YMCA of Delaware
Healthy Living Department
302-572-9622 or visit
[https://www.ymcade.org/
preventdiabetes/](https://www.ymcade.org/preventdiabetes/)**

The Y is a leading nonprofit committed to improving the nation's health. Financial assistance is available to those who qualify. Please contact the Y for more information.

YMCA's Diabetes Prevention Program ("YMCA's DPP") uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. YMCA of the USA offers access to YMCA's DPP through a network of local YMCAs, and YMCA's DPP may or may not be a covered benefit under your health insurance policy, worksite wellness program, Medicare Plan, or other applicable federally funded healthcare program. To find out whether YMCA's DPP is covered under your policy and to determine any cost-sharing responsibilities, contact your insurance company, health plan administrator, wellness program sponsor, Medicare or Medicaid. Any dispute regarding coverage of YMCA's DPP should be brought to your insurance provider or benefit program administrator. Neither YMCA of the USA nor any local YMCA warrants or guarantees any specific outcome for YMCA's DPP participants with respect to diabetes prevention.